

**Omaha District Library  
Health and Exercise Bibliography  
April 3, 2002**

**Audio/Video**

**TITLE**     **All the right moves [videorecording]** / with Tracy York.  
**PUB/DATE**   Nashua, NH : Excellence in Exercise Association, c1990.  
**DESCRIPT**   1 videocassette (VHS) (105 min.) : sd., col. ; 1/2 in.  
**SERIES**     Fit tour.  
**SUMMARY**    Tracy York shows how to introduce professional flow and continuity in choreographing low-impact aerobic exercises. Includes a one hour lecture and a 45 minute high-intensity/low impact exercise session.  
**SUBJECT**    Aerobic exercises--Study and teaching.  
**SUBJECT**    Low impact aerobic exercises.  
**SUBJECT**    Exercise--Study and teaching.  
**LOCAL HGS**   Omaha District Video RA 781.15 .A45 1990

**TITLE**     **Anybody's step workout with Len Kravitz videorecording / produced by Excellence In Exercise.**  
**PUB/DATE**    Newark, NJ : Parade Video : Manufactured and distributed by Power Productions, 1992.  
**DESCRIPT**    1 videocassette (90 min.) : sd., col. ; 1/2 in.  
**SUMMARY**    Step exercises, including explanations on how to perform them correctly and what to avoid.  
**SUBJECT**    Aerobic exercises.  
**SUBJECT**    Aerobic dancing.  
**LOCAL HGS**   Omaha District Video RA 781.15 .A68 1992

**TITLE**     **Anybody's three in one workout with Len Kravitz videorecording / produced by Image Works ; created by Len Kravitz.**  
**PUB/DATE**    [S.l. : s.n.], c1988.  
**DESCRIPT**    1 videocassette (VHS) (90 min.) : sd., col. ; 1/2 in.  
**SUMMARY**    Aerobic exercises, including explanations on how to perform them correctly and what to avoid.  
**SUBJECT**    Aerobic exercises.  
**SUBJECT**    Aerobic dancing.  
**LOCAL HGS**   Omaha District Book RA 781.15 .A5x

**TITLE**     **Balanced fitness workout videorecording / directed by Michael Kirk ; producer, Priscilla Ulene.**  
**PUB/DATE**    [Los Angeles ] : Feeling Fine Programs [Distributed by Warner Home Video ], c1986.  
**DESCRIPT**    1 videocassette (VHS) (58 min.) : sd., col. ; 1/2 in. + 1 instructional booklet [outside back cover].  
**SUMMARY**    Designed with the emphasis on safety, this program includes light impact aerobics and flexibility and muscle toning.  
**SUBJECT**    Exercise.  
**SUBJECT**    Physical fitness.  
**SUBJECT**    Aerobic exercises.  
**LOCAL HGS**   Omaha District Video RA 781.15 B18 1986

**TITLE**     **Body trust : [videorecording] undieting your way to health and happiness.**  
**DESCRIPT**    1 videocassette (60 min.) : sd., col. ; 1/2 in.  
**SUMMARY**    Dayle Hayes is a registered dietitian. She has worked extensively with women to help them loose weight through the approach of positive eating. This video helps viewer on how to develop good eating habit.  
**SUBJECT**    Food habits.  
**SUBJECT**    Diet.  
**SUBJECT**    Reducing diets.  
**LOCAL HGS**   Omaha District Video BF 337.E9 B63 1993

**TITLE**     **Cherfitness videorecording : a new attitude / ISIS Productions, Inc.**  
**PUB/DATE**   Beverly Hills, CA : FoxVideo, c1991.  
**DESCRIPT**   1 videocassette (ca. 90 min.) : sd., col. ; 1/2 in.  
**CONTENTS**   Step workout (38 min.)-- Dynamic ab[dominal]s, healthy back (10 min.)-- Hips, buns, and thighs (32 min.).  
**SUMMARY**    Cher's personal workout program designed by her personal trainers. Also includes Cher's own selection of music tracks to make your workout fun.  
**SUBJECT**     Exercise.  
**SUBJECT**     Aerobic exercises.  
**LOCAL HGS**   Omaha District Video RA 781.15 .C53 1991x

**TITLE**     **Classic rock workout sound recording.**  
**PUB/DATE**   Gaithersburg, MD : Power Productions, 1993.  
**DESCRIPT**   1 sound cassette (45 min.) : analog, 1 7/8 ips.  
**CONTENTS**   Side A. Aerobic workout-- Old time rock and roll-- Gimme some lovin'-- China Grove-- The Kid is hot tonite--Saturday night's alright for fighting-- Think I'm in love--Bad case of lovin' You (doctor doctor)-- Jungle love--Won't get fooled again-- Side B. Step workout-- Sharp dressed man-- All righ now-- Brown sugar-- Somebody to love-- Free ride-- Day tripper-- Takin' care of business-- Hot blooded-- Rock'N'Roll fantasy.  
**SUBJECT**     Aerobic exercises.  
**SUBJECT**     Step aerobics.  
**LOCAL HGS**   Omaha District Audio RA 781.15 C56 1993

**ITLE**     **Classic rock workout 2 [sound recording].**  
**PUB/DATE**   Salt Lake City, UT : Power Productions, p1994.  
**DESCRIPT**   1 sound cassette (90 min.) : analog.  
**CONTENTS**   Side A. Aerobic workout: Money for nothing ; Any way you want it ; Rock and roll all night ; Never been any reason; Born to be wild ; Rock and roll ; You may be right ;Your love is driving me crazy ; Rock & roll band-- Side B. Step workout: Start me up ; Another one bites the dust ; Legs ; Hold on loosely ; Hit me with your best shot ; Double vision ; Pinball wizard ; Owner of a lonely heart ; Gimme three steps.  
**SUBJECT**     Aerobic exercises.  
**SUBJECT**     Step aerobics.  
**LOCAL HGS**   Omaha District Audio RA 781.15 C562 1994

**TITLE**     **Colds and flu videorecording / Safety Short Production, Inc.**  
**PUB/DATE**   LaPorte, Tex. : Safety Short Production, Inc., 1991.  
**DESCRIPT**   1 videocassette (5 min.) : sd., col. ; 1/2 in. + summary sheet + short test.  
**SUMMARY**    Describes the difference between cold and flu, what causes them, appropriate treatments, and ways to help prevent their spread.  
**SUBJECT**     Cold (Disease)--Prevention.  
**SUBJECT**     Influenza--Prevention.  
**SUBJECT**     Safety education.  
**LOCAL HGS**   Omaha District Video RA644.I6 C65

**TITLE**     **Computeritis-- the high tech hazard videorecording / Safety Short Production, Inc.**  
**PUB/DATE**   LaPorte, Tex. : Safety Short Production, Inc., 1992.  
**DESCRIPT**   1 videocassette (5 min.) : sd., col. ; 1/2 in. + summary sheet + short test.  
**SUMMARY**    Computeritis is a cumulative trauma disorder that stems from repeated striking of computer keys. Describes methods of prevention focusing on hand and wrists exercises.  
**SUBJECT**     Computers.  
**SUBJECT**     Safety education.  
**LOCAL HGS**   Omaha District Video HD 7260 .C6

**TITLE** **Covert Bailey's fit or fat [videorecording] : muscle in on your meatbolism / KVIE.**  
**PUB/DATE** [S.I.] : PBS Video ; Los Angeles, Calif. : Pacific Arts (distributor), c1993.  
**DESCRIPT** 1 videocassette (40 min.) : sd., col. ; 1/2 in.  
**SUBJECT** Reducing exercises.  
**SUBJECT** Aerobic exercises.  
**SUBJECT** Exercise--Physiological aspects.  
**SUBJECT** Body composition.  
**SUBJECT** Video recordings for the hearing impaired.  
**LOCAL HGS** Omaha District Video QP 171 C83 1993

**TITLE** **Elderobics [videorecording] : exercising for life.**  
**PUB/DATE** Copley, Ohio : Lanco Enterprises, 1989.  
**DESCRIPT** 1 videocassette (29 min.) : sd., col.  
**NOTE** VHS.  
**SUBJECT** Aerobic exercises.  
**SUBJECT** Aged.  
**ADD TITLE** Warm-up.  
**LOCAL HGS** Omaha District Video RA 781.15 .E434 1989

**TITLE** **Ergonomics 2000 [videorecording].**  
**PUB/DATE** [S.I.] : Long Island Productions, Inc., 2000.  
**DESCRIPT** 1 videocassette (15 min) : sd., col. ; 1/2 in.  
**SUMMARY** Office equipment such as monitors, keyboards, desks, chairs, etc. should be positioned correctly.  
Lighting, glare, clutter and placement of furniture and documents are among the other considerations.  
**SUBJECT** Office management.  
**SUBJECT** Human-computer interaction.  
**SUBJECT** Human engineering.  
**LOCAL HGS** Omaha District Video TA 166 .Er 3 2000

**TITLE** **Ergonomics [videorecording] : the 24-hour body / produced by Coastal Training Technologies Corp.**  
**PUB/DATE** Virginia Beach, VA : Coastal Training Technologies Corp., 1998.  
**DESCRIPT** 1 videocassette (18 min.) : sd., col. ; 1/2 in.  
**SUMMARY** Techniques for protecting the body during weekend chores, protecting your back with proper lifting, and proper resting practices.  
**SUBJECT** Safety education, Industrial.  
**SUBJECT** Human engineering.  
**LOCAL HGS** Omaha District Video TA 166 .Er 3 1998

**TITLE** **Fit or fat for the '90s videorecording / KVIE, Inc.**  
**PUB/DATE** [Alexandria, Va.] : PBS Home Video ; Huntsville, TX : Educational Video Network [distributor ], c1991.  
**DESCRIPT** 1 videocassette (60 min.) : sd., col. ; 1/2 in.  
**NOTE** Based on the book: Fit or or fat? / Covert Bailey. Boston : Houghton Mifflin, 1991.  
**SUMMARY** Translating the complex merchanisms of muscle chemistry and fat metabolism into terms the average person can understand, Covert Bailey shows how the right combination of diet and exercise can bring about permanent weight loss and contribute to physical fitness.  
**SUBJECT** Exercise--Physiological aspects.  
**SUBJECT** Reducing exercises.  
**LOCAL HGS** Omaha District Video RM 222.2 .B344

**TITLE** **Fit to win travel kit [kit].**  
**PUB/DATE** Omaha, NE : Fit to Win Program, 1996.  
**DESCRIPT** 1 Sony Walkman FM/AM cassette player with headphones, 1 EXERTUBE (rubber tubing with handles measuring 120 cm.), 1 3-ring notebook (30cm.) containing: 1 pamphlet titled "How to make eating for lower cancer risk easy", 1 pamphlet titled "Guide to healthy travel, Stretch and strengthen exercises", 1 XERTUBE instruction chart ; in accordion file, 26x38 cm.  
**NOTE** "Audio cassettes for player not included in kit."  
**SUMMARY** Material included in kit offers guidance on eating healthy when away from home and exercises that can be performed while traveling.  
**SUBJECT** Exercise--Kit.  
**SUBJECT** Travel--Health aspects--Kit.  
**LOCAL HGS** Omaha District Kit RA 781 .F55 c.1

**TITLE** **Healthy back & waist workout videorecording / Time-Life Video and Weight Watchers International Inc.** ; producer, Chiz Schultz ; writer /co-producer, Valerie Shepard ; director, Eamon Harrington.  
**PUB/DATE** [Alexandria, VA ] : Time-Life Video, c1991.  
**DESCRIPT** 1 videocassette (ca. 50 min.) : sd., col. ; 1/2 in.  
**SUMMARY** The program starts with a stimulating warm-up, continues with a calorie-burning, low-impact aerobics workout, then demonstrates specific exercises to stretch and tone back, waist and abdomen with gentle movements.  
**SUBJECT** Exercise.  
**SUBJECT** Low impact aerobic exercises.  
**LOCAL HGS** Omaha District Video RA 781.15 H34 1991

**TITLE** **Heat can kill videorecording** / Safety Short Production, Inc.  
**PUB/DATE** LaPorte, Tex. : Safety Short Production, Inc., 1989.  
**DESCRIPT** 1 videocassette (5 min.) : sd., col. ; 1/2 in. + summary sheet + short test.  
**SUMMARY** A safety training program that describes the signs of heat stroke and exhaustion and outlines proper first aid for each.  
**SUBJECT** Heatstroke.  
**SUBJECT** Heat--Physiological effect.  
**LOCAL HGS** Omaha District Video RC 87.1 .H43

**TITLE** **Heat stress prevention videorecording** / produced by Summit Training Source, Inc.  
**PUB/DATE** Louisville, CO : Video Training Source, [1988].  
**DESCRIPT** 1 videocassette (12 min.) : sd., col. ; 1/2 in.  
**SUMMARY** Discusses how heat can be a serious health hazard. Covers how heat can cause physical stress on the body, the body's heat-controlling mechanisms, the two basic sources of heat in the workplace, and the symptoms and treatment of life-threatening heat disorders.  
**LOCAL HGS** Omaha District Video RC 87.1 H35 1988

**TITLE** **Here's to your health videorecording** / producer /writer, Guy Parrish ; director, Christie Collier ; presented by KERA ; produced in association with the University of Texas Health Science Center and Southwestern Medical School.  
**PUB/DATE** Waco, TX : Health Edco [distributor], 1993.  
**DESCRIPT** 1 videocassette (30 min.) : sd., col. ; 1/2 in.  
**CONTENTS** Nutrition : eating to live or living to eat (30 min.).  
**SUMMARY** Video gives nutritional information on how diet affects the body and guidelines on how to make healthful food choices.  
**SUBJECT** Cholesterol.  
**SUBJECT** Nutrition--Research.  
**LOCAL HGS** Omaha District Video RM 237.75 H47 1993

TITLE **Indiana Pacemates nouveau bench aerobics [videorecording]** / with Margie Frame Keaton.  
 PUB/DATE Indianapolis, Ind. : Pacers Home Court Productions, 1991.  
 DESCRIPT 1 videocassette (70 min.) : sd., col. ; 1/2 in.  
 SUMMARY The Indiana Pacemates, with certified fitness trainer, Margie Frame Keaton, show you an exercise program that is adaptable, easy, low-impact and enjoyable.  
 SUBJECT Aerobic exercises.  
 SUBJECT Step aerobics.  
 LOCAL HGS Omaha District Video RA 781.15 .I28 1991

TITLE **Karen Voight's lean legs & buns [videorecording]** / Karen Voight.  
 PUB/DATE [California] : Voight Fitness & Dance Center, Inc., 1991.  
 DESCRIPT 1 videocassette (45 min.) : sd., col., 1/2 in.  
 SUMMARY A 45-minute lower body workout adaptable to your personal fitness level.  
 SUBJECT Aerobic exercises.  
 SUBJECT Step aerobics.  
 LOCAL HGS Omaha District Video RA 781.15 .V88 1991

TITLE **Kathy Smith's fat burning workout [videorecording]** / [presented by] Video Treasures ; Visual Eye Productions ; created by Kathy Smith ; executive producer, Jack Bernstein ; producer, Alan Kozlowski ; director, Sandra Hay.  
 PUB/DATE [S.l.] : Media Home Entertainment, c1988.  
 DESCRIPT 1 videocassette (60 min.) : sd., col. ; 1/2 in.  
 SUMMARY "A highly effective program for burning fat and losing weight."  
 SUBJECT Exercise.  
 SUBJECT Physical fitness.  
 LOCAL HGS Omaha District Video RA 781 .K37 1988

TITLE **Kathy Smith's pregnancy workout [videorecording]** / [presented by] Video Treasures ; created by Kathy Smith ; producer, Mark Borchetta ; director ; Lee Kanteen.  
 PUB/DATE [s.l.] : distributed by Media Home Entertainment, Inc., c1988.  
 SUMMARY A program to keep fit through every stage of pregnancy, this tape introduces the viewer to a comprehensive program to help the expectant woman take care of herself and her baby. Includes a postnatal section for the first six weeks after delivery.  
 SUBJECT Pregnancy.  
 SUBJECT Exercise.  
 LOCAL HGS Omaha District Video RA 781 .K37 1987

TITLE **Kathy Smith's weight loss workout [videorecording]** / Kathy Smith.  
 PUB/DATE New York, NY : A Vision Entertainment, c1993.  
 DESCRIPT 1 videocassette (VHS) (85 min.) : sd., col., stereo ; 1/2 in.  
 CONTENTS Five key elements for weight loss-- Muscle building-- New Fat burning routines-- The power foods concept.  
 SUMMARY A lifelong weight control program featuring easy-to-follow, fat burning exercises and nutritional guidelines.  
 SUBJECT Exercise.  
 SUBJECT Reducing exercises.  
 LOCAL HGS Omaha District Book 613.71 K -69692

**TITLE** **Lower body workout [videorecording]** / Time-Life Video and Weight Watchers International Inc. ; producer, Chiz Schultz ; writer /co-producer, Valerie Shepherd ; director, Eamon Harrington.  
**PUB/DATE** [Alexandria, VA ] : Time-Life Video, c1991.  
**DESCRIPT** 1 videocassette (45 min.) : sd., col. ; 1/2 in.  
**SUMMARY** The program demonstrates specific exercises with gentle toning movements, to firm the hips, thighs, calves and buttocks.  
**SUBJECT** Exercise.  
**SUBJECT** Reducing exercises.  
**SUBJECT** Aerobic exercises.  
**LOCAL HGS** Omaha District Video RA 781.15 L95 1991

**TITLE** **Lower body workout [videorecording]** / **Time-Life Video and Weight Watchers International Inc. ;** producer, Chiz Schultz ; writer /co-producer, Valerie Shepherd ; director, Eamon Harrington.  
**PUB/DATE** [Alexandria, VA ] : Time-Life Video, c1991.  
**DESCRIPT** 1 videocassette (45 min.) : sd., col. ; 1/2 in.  
**SUMMARY** The program demonstrates specific exercises with gentle toning movements, to firm the hips, thighs, calves and buttocks.  
**SUBJECT** Exercise.  
**SUBJECT** Aerobic exercises.  
**LOCAL HGS** Omaha District Video RA 781.15 L95 1991

**TITLE** **A New attitude [videorecording]** / **with Sheryl Benzon.**  
**PUB/DATE** Shawnee Mission, Kansas : National Press Publications ; Des Moines, IA : Distributed by Smart Choice Media, c1997.  
**DESCRIPT** 1 videocassette (56 min.) : sd., col. ; 1/2 in. + 1 facilitator's booklet ([4] p. ; 23 cm.) + 1 text (104 p. ; 23 cm.) + 1 learner's guide (10 p. ; 23 cm.), all in plastic container (28 x 22 x 5 cm.).  
**SUMMARY** A positive attitude is the key to success. Focus on the positive aspects of your life; make your work fun and more profitable; keep difficult situations from bringing you down; meet challenges and change with a sense of control.  
**SYS REQ** VHS format.  
**SUBJECT** Attitude (Psychology).  
**SUBJECT** Stress (Psychology)--Prevention.  
**LOCAL HGS** Omaha District Video P95.46 N42 1997

**TITLE** **No more Mister mean screen videorecording** / Safety Short Production, Inc.  
**PUB/DATE** LaPorte, Tex. : Safety Short Production, Inc., 1989.  
**DESCRIPT** 1 videocassette (5 min.) : sd., col. ; 1/2 in. + summary sheet + short test.  
**SUMMARY** Discusses the ergonomics of working with computers including proper positioning of computer screens, body position and the importance of keeping the work space clean and free of unnecessary clutter.  
**SUBJECT** Human engineering.  
**SUBJECT** Electronic data processing personnel.  
**SUBJECT** Accidents--Prevention.  
**LOCAL HGS** Omaha District Video TA167 .N6

**TITLE** **Office ergonomics [videorecording].**  
**PUB/DATE** Grand Rapids, MI : Summit Training Source, Inc., 1992.  
**SUMMARY** Explains what causes cumulative trauma disorders in the workplace and how to prevent CTD's through proper posture and body mechanics.  
**SUBJECT** Human engineering.  
**SUBJECT** Overuse injuries.  
**LOCAL HGS** Omaha District Video TA166 .Of1

TITLE **Say goodbye to cellulite [videorecording]** / Daly Entertainment, Inc.  
 PUB/DATE Plymouth, Minn. : Simitar Entertainment, 1991.  
 DESCRIPT 1 videocassette (VHS) (ca. 50 min.) : sd., col. ; 1/2 in.  
 CONTENTS Introduction and heart rate information-- Warm up-- Aerobics hi-lo--Rhythmic cool down and arms--  
 Floor work: strengthening and toning-- Static stretch.  
 SUMMARY An aerobic workout led by certified instructor, Stacey Benson.  
 SUBJECT Aerobic exercises.  
 LOCAL HGS Omaha District Video RA 781.15 .B448 1991

TITLE **Step ahead [videorecording]** / by Candice Copeland.  
 PUB/DATE [Philadelphia, Penn.?] : Moves International Productions ; 1992.  
 DESCRIPT 1 videocassette (70 min.) sd., col., 1/2 in.  
 SUMMARY An intermediate to advanced level workout, best suited to those with some prior stepping  
 experience.  
 SUBJECT Aerobic exercises.  
 SUBJECT Step aerobics.  
 LOCAL HGS Omaha District Video RA 781.15 .C79 1992

TITLE **Step "n" motion [videorecording]** / created by Cathe Friedrich.  
 PUB/DATE Philadelphia, PA : Creative Instructors Aerobics, c1990.  
 DESCRIPT 1 videocassette (VHS) (60 min.) : sd., col. ; 1/2 in.  
 SUMMARY A 60 minute workout which introduces a perfect balance of strength training and cardiovascular  
 conditioning that is incorporated around a height adjustable step.  
 SUBJECT Aerobic exercises.  
 SUBJECT Exercise.  
 LOCAL HGS Omaha District Video RA 781.15 .F91 1990

TITLE **Stress management [videorecording]** / with Peggy Doolittle.  
 PUB/DATE Shawnee Mission, Kan. : National Press Publications ; West Des Moines, IA : Business Advantage  
 Inc. [distributor ], 1995.  
 DESCRIPT 1 videocassette (VHS) (79 min.) : sd., col. ; 1/2 in. + 1 text (76 p. ; 23 cm.) + 1 learning guide (11 p. ;  
 23 cm.), all in plastic container (28 x 22 x 5 cm.).  
 SUMMARY Learn to look at yourself in new ways. To rearrange your activities to fit your priorities, yourself,  
 your job and your family, without adding stress.  
 SUBJECT Stress (Psychology).  
 SUBJECT Stress management.  
 LOCAL HGS Omaha District Books BF 697.5.S46 S7 1995

TITLE **The Stress mess [videorecording]** / **Barr Films** ; director, Ron Underwood ; writer, Brent Maddock.  
 PUB/DATE Pasadena, CA : Barr Films, 1982.  
 DESCRIPT 1 videocassette (25 min.) : sd., col. ; 1/2 in.  
 PERFORMER Carl Ballantine, Art Metrano, Carol Arthur.  
 SUMMARY Follows a fictitious family through a stress-filled day. Addresses many of the problems that cause  
 stress and shows how to identify and manage stress in daily living.  
 SUBJECT Stress (Psychology).  
 LOCAL HGS Omaha District Video BF 575 .S75 1982

TITLE **Stress management for professionals sound recording / by Roger Mellott.**  
 PUB/DATE Boulder, CO : CareerTrack Publications, 1989.  
 DESCRIPT 6 sound cassettes : analog, 1 7/8 ips.  
 SUMMARY How to feel better and perform better at work and at home.  
 SUBJECT Stress (Psychology)--Prevention.  
 LOCAL HGS Omaha District Audio HF 5548.85 .M4 1989

**TITLE**     **Stress management [videorecording] / with Peggy Doolittle.**  
**PUB/DATE**   Shawnee Mission, Kan. : National Press Publications ; West Des Moines, IA : Business Advantage Inc. [distributor ], 1995.  
**DESCRIPT**   1 videocassette (VHS) (79 min.) : sd., col. ; 1/2 in. + 1 text (76 p. ; 23 cm.) + 1 learning guide (11 p. ; 23 cm.), all in plastic container (28 x 22 x 5 cm.).  
**SUMMARY**    Learn to look at yourself in new ways. To rearrange your activities to fit your priorities, yourself, your job and your family, without adding stress.  
**SUBJECT**     Stress (Psychology).  
**SUBJECT**     Stress management.  
**LOCAL HGS**   Omaha District Video BF 697.5.S46 S7 1995

**TITLE**     **The Stress mess [videorecording] / Barr Films ; director, Ron Underwood ; writer, Brent Maddock.**  
**PUB/DATE**    Pasadena, CA : Barr Films, 1982.  
**DESCRIPT**    1 videocassette (25 min.) : sd., col. ; 1/2 in.  
**SUMMARY**    Follows a fictitious family through a stress-filled day. Addresses many of the problems that cause stress and shows how to identify and manage stress in daily living.  
**SYS REQ**     VHS.  
**SUBJECT**     Stress (Psychology).  
**LOCAL HGS**   Omaha District Video BF 575 .S75 1982

**TITLE**     **Summer wind videorecording.**  
**PUB/DATE**    Belmont, CA : Halpern Sounds, 1984.  
**DESCRIPT**    1 cassette (30 min.) : sd., col. ; 1/2 in. VHS.  
**SUMMARY**    Blends music with video imagery of Yosemite, through the redwoods, along the path of melting snow to the ocean and into the micro-world of nature. Used for relaxation and meditation.  
**SUBJECT**     Relaxation.  
**SUBJECT**     Meditation.  
**LOCAL HGS**   Omaha District Video RA 785 .H16 Sum 6 1984

**TITLE**     **The Target diet [videorecording] : blasting the new food pyramid / KVIE Sacramento.**  
**PUB/DATE**    Alexandria, Va. : PBS Video, 1993.  
**DESCRIPT**    1 videocassette (VHS) (40 min.) : sd., col. ; 1/2 in.  
**SUMMARY**    Presents the four things that dieticians agree on, including the need for a balanced diet.  
**SUBJECT**     Diet.  
**SUBJECT**     Reducing exercises.  
**LOCAL HGS**   Omaha District Video RM 222.2 B34

**TITLE**     **Understanding the working back videorecording.**  
**PUB/DATE**    Portland, Ore. : Creative Media Development, 1988.  
**DESCRIPT**    1 videocassette (20 min.) : sd., col. ; 3/4 in.  
**SUMMARY**    Graphically describes the human back as a fulcrum. Shows how to protect a back or control an already injured back using proper lifting techniques.  
**LOCAL HGS**   Omaha District Video QM 540 Un 2 1988

**TITLE**     **Upper body workout [videorecording] / Time-Life Video and Weight Watchers International Inc. ; producer, Chiz Schultz ; writer /co-producer, Valerie Shepherd ; director, Eamon Harrington.**  
**PUB/DATE**    [Alexandria, VA ] : Time-Life Video, c1991.  
**DESCRIPT**    1 videocassette (45 min.) : sd., col. ; 1/2 in.  
**SUMMARY**    The program demonstrates specific exercises with gentle toning movements, to firm the back, shoulders and arms.  
**SUBJECT**     Exercise.  
**SUBJECT**     Aerobic exercises.  
**LOCAL HGS**   Omaha District Video RA 781.15 Up 6 1991



TITLE **VDT, the human connection [videorecording]** / Comprehensive Loss Management, Inc.  
 PUB/DATE Chicago, IL : International Film Bureau, 1988.  
 DESCRIPT 1 videocassette (12 min.) : sd., col. + 1 administrator's .guide + 10 employee handbooks.  
 SUMMARY Discusses health and safety problems connected with the use of video display terminals and suggests solutions and improvements.  
 SUBJECT Video display terminals--Health aspects.  
 LOCAL HGS Omaha District Video RC 965 .V53

TITLE **VDT, the human connection [videorecording]** / Comprehensive Loss Management, Inc.  
 PUB/DATE Chicago, IL : International Film Bureau, 1988.  
 DESCRIPT 1 videocassette (12 min.) : sd., col. + 1 administrator's .guide + 10 employee handbooks.  
 SUMMARY Discusses health and safety problems connected with the use of video display terminals and suggests solutions and improvements.  
 SUBJECT Video display terminals--Health aspects.  
 LOCAL HGS Omaha District Video RC 965 .V53

TITLE **WellAware videorecording : an introduction to healthy living** / Miller-Dwan Medical Center Foundation.  
 PUB/DATE Duluth, MN : Whole Person Press, 1989.  
 DESCRIPT 6 videocassettes (126 min.) : sd., col. ; 1/2 in. + 6 guides (5 copies ea.).  
 CONTENTS pt. 1. Choose wellness (22:45 min.)-- pt. 2. Exercises (20:40)-- pt. 3. Nutrition (20:55)-- pt. 4. Stress management (21:00)-- pt. 5. Personal environment (21:40)-- pt. 6. Motivation for change (18:20).  
 SUMMARY Addresses the topics: exercise, nutrition, stress management, personal environment and motivation for change.  
 SUBJECT Health.  
 LOCAL HGS Omaha District Books RA776 .

TITLE **Xavier's workout for everyone. videorecording level 1** / Xavier Carrica.  
 PUB/DATE Houston, Tex : Fitsource, 1990.  
 DESCRIPT 1 videocassette (57 minutes) : sd., col. ; 1/2 in. Dyna-band.  
 SUMMARY 33 minutes of combination high /low impact aerobics routine, 18 minutes of upper /lower body toning with a Dyna-band (included), 6 minutes of full body stretch.  
 SUBJECT Exercise.  
 SUBJECT Aerobic exercises.  
 LOCAL HGS Omaha District Video RA 781.15 .Xa1 1990

## **BOOKS**

TITLE **The American Heart Association cookbook : recipes selected, compiled, and tested under the direction of Ruthe Eshleman and Mary Winston ; ill. by Tonia Hampson and Lauren Jarrett.**  
 EDITION 4th ed., new, rev. and expanded.  
 PUB/DATE New York : Ballantine Books, 1986, c1984.  
 DESCRIPT lxvi, 542 p. : ill. ; 21 cm.  
 SUBJECT Heart--Diseases--Diet therapy--Recipes.  
 SUBJECT Low-cholesterol diet--Recipes.  
 LOCAL HGS Omaha District Book RC 684.D5 E84 1986

TITLE **The American Heart Association low-fat, low-cholesterol cookbook : an essential guide for those concerned about their cholesterol level / editors, Scott Grundy, Mary Winston.**  
 EDITION 1st ed.  
 PUB/DATE New York, N.Y. : Times Books, c1989.  
 DESCRIPT 340 p. : ill. ; 24 cm.  
 SUBJECT Low-cholesterol diet--Recipes.  
 SUBJECT Coronary heart disease--prevention & control--popular works.  
 LOCAL HGS Omaha District Book RM 237.7 .G78 1989

TITLE     **Body signals / Bruce K. Lowell, with Lisa Angowski Rogak.**  
EDITION   1st ed.  
PUB/DATE   New York : HarperCollins, c1995.  
DESCRIPT   454 p. ; 24 cm.  
SUBJECT    Middle aged persons--Health and hygiene.  
SUBJECT    Symptoms.  
LOCAL HGS   Omaha District Book RA 777.5 .L68 1995

TITLE     **The "can have" diet and more! : the easy guide to informed exercise and food choices / Patricia M. Stein and Norma J. Winn.**  
EDITION    Rev. 4th ed.  
PUB/DATE   Olathe, KS : Nutrition Counseling/Education Services, c1990.  
DESCRIPT   ii, 94 p. : ill. ; 22 cm.  
SUBJECT    Nutrition.  
SUBJECT    Diet.  
LOCAL HGS   Omaha District Book RC 628 .S78 1992

TITLE     **Living without dieting / John P. Foreyt and G. Ken Goodrick.**  
PUB/DATE   Houston, Tex. : Harrison Publishing, c1992.  
DESCRIPT   ix, 204 p. : ill. ; 23 cm.  
SUBJECT    Reducing.  
SUBJECT    Obesity--Psychological aspects.  
LOCAL HGS   Omaha District Book RC 628 .F67

TITLE     **Managing stress / Kristine C. Brewer.**  
PUB/DATE   West Des Moines, IA : American Media Pub., 1995.  
DESCRIPT   80 p. ; 26 cm.  
SUBJECT    Stress (Psychology).  
SUBJECT    Stress management.  
LOCAL HGS   Omaha District Books RT 86 .B73 1995

TITLE     **Nancy Clark's sports nutrition guidebook / by Nancy Clark; illustrations by Bill Pardy.**  
PUB/DATE   Champaign, Ill. : Leisure Press, c1990.  
DESCRIPT   xii, 323 p. : ill. ; 23 cm.  
CONTENTS   Your daily training diet-- Sports nutrition: the science of eating for success-- Weight control-- Recipes for health and fitness.  
SUBJECT    Athletes--Nutrition.  
ADD TITLE   Sports nutrition guidebook.  
LOCAL HGS   Omaha District Book TX 361.A8 C54 1990

TITLE     **The new aerobics / by Kenneth H. Cooper.**  
EDITION    [new, rev., expanded].  
PUB/DATE   Toronto ; New York : Bantam Books, c1970.  
DESCRIPT   191 p. ; 18 cm.  
SUBJECT    Aerobic exercises.  
SUBJECT    Physical fitness.  
LOCAL HGS   Omaha District Book RA 781 .C62 1970

**TITLE     The new Pritikin program : the easy and delicious way to shed fat, lower your cholesterol, and stay fit / Robert Pritikin.**

**PUB/DATE** New York : Simon and Schuster, c1990.

**DESCRIPT** 368 p. ; 24 cm.

**SUBJECT** Low-fat diet.

**SUBJECT** Physical fitness--Nutritional aspects.

**LOCAL HGS** Omaha District Book RM 237.7 .P77 1990

**TITLE     The new wellness encyclopedia / from the editors of the University of California at Berkeley wellness letter.**

**PUB/DATE** Boston : Houghton Mifflin Co., 1995.

**DESCRIPT** 624 p., [8] p. of plates : col. ill. ; 28 cm.

**CONTENTS** Longevity-- Nutrition-- Exercise-- Self-care-- Environment and safety.

**SUBJECT** Health--Handbooks, manuals, etc.

**SUBJECT** Medicine, Preventive--Handbooks, manuals, etc.

**LOCAL HGS** Omaha District Books RA 776 .N396 1995

**TITLE     Non-drug treatments for essential hypertension / Edward B. Blanchard, John E. Martin, Patricia M. Dubbert.**

**EDITION** 1st ed.

**PUB/DATE** New York : Pergamon Press, 1988.

**DESCRIPT** xvi, 242 p. : ill., forms ; 24 cm.

**SUBJECT** Hypertension--Diet therapy.

**SUBJECT** Exercise therapy.

**LOCAL HGS** Omaha District Book RC 685.H8 B59 1988

**TITLE     Nutrition : eating for good health / United States Department of Agriculture.**

**PUB/DATE** [Washington, D.C.?] : U.S. Dept. of Agriculture, [1993?].

**DESCRIPT** 208 p. : ill. : 22 cm.

**SUBJECT** Diet--United States.

**SUBJECT** Nutrition--United States.

**LOCAL HGS** Omaha District Book S21 .A35 1993

**TITLE     Nutrition, hypertension, & cardiovascular disease / Ronald S. Smith.**

**EDITION** 2nd ed.

**PUB/DATE** Portland, Or. : Lyncean Press, c1989.

**DESCRIPT** 228 p.

**LOCAL HGS** Omaha District Book RC 669 .S57 1989

**TITLE     Osteoporosis videorecording : prevention & treatment.**

**PUB/DATE** McGaw Park, IL : Baxter Healthcare Corporation, c1988.

**DESCRIPT** 1 videocassette (8 min.) : sd., col. ; 1/2 in.

**SUBJECT** Osteoporosis--Videocassette.

**LOCAL HGS** Omaha District Video RA 931.073 Os 7 1988

**TITLE     Physical fitness : the water aerobics way / Terry-Ann Spitzer, Werner W.K. Hoeger.**

**PUB/DATE** Englewood, Colo. : Morton, c1990.

**DESCRIPT** 154 p. : ill. ; 23 cm.

**SUBJECT** Aquatic exercises.

**SUBJECT** Aerobic exercises.

**LOCAL HGS** Omaha District Book RA 781.17 .S6 1990

**TITLE Quick meals for healthy kids and busy parents : wholesome family recipes in 30 minutes or less from three leading child nutrition experts / Sandra K. Nissenberg, Margaret L. Bogle, Audrey C. Wright.**

**PUB/DATE** Minneapolis, MN : Chronimed Pub., c1995.

**DESCRIPT** viii, 244 p. : ill. ; 22 cm.

**SUBJECT** Children--Nutrition.

**SUBJECT** Low-fat diet--Recipes.

**LOCAL HGS** Omaha District Book TX 361.C5 N57 1995

**TITLE Seafood : a collection of heart-healthy recipes / Janis Harsila and Evie Hansen.**

**EDITION** 2nd ed., Newly rev. & expanded.

**PUB/DATE** Richmond Beach, Wash. : National Seafood Educators, c1990.

**DESCRIPT** 276 p. : ill. ; 22 cm.

**SUBJECT** Coronary heart disease--Diet therapy--Recipes.

**SUBJECT** Cookery (Seafood).

**LOCAL HGS** Omaha District Book RC 685.C6 H34 1990

**TITLE Smart exercise : burning fat, getting fit / Covert Bailey.**

**PUB/DATE** Boston : Houghton Mifflin, 1994.

**DESCRIPT** xi, 292 p. : ill. ; 24 cm.

**CONTENTS** Fitness equals health-- How muscle works-- Metabolism--Exercise basics-- Training-- Swimming and walking-- Before exercise-and after-- Measuring your own fat and fitness--Diet tricks for performance-- Sweating and dehydration--How to make more muscle-- The payoff.

**SUBJECT** Exercise.

**SUBJECT** Physical fitness.

**LOCAL HGS** Omaha District Book RA 781 .B15 1994

**TITLE Stress management : a comprehensive guide to wellness / Edward A. Charlesworth, Ronald G. Nathan.**

**PUB/DATE** New York, NY : Ballantine, 1985.

**DESCRIPT** xxx, 400 p. ; 18 cm.

**SUBJECT** Stress (Psychology)--Prevention.

**LOCAL HGS** Omaha District Book BF 575.S75 C44 1985 c. 001

**TITLE Stress/unstress : how you can control stress at home and on the job / Keith W. Schnert.**

**PUB/DATE** Minneapolis : Augsburg Pub. House, 1981.

**DESCRIPT** 222 p. : ill. ; 18 cm.

**SUBJECT** Stress (Psychology).

**LOCAL HGS** Omaha District Audio BF 575 .S75 S43 1981

**TITLE Stretching / by Bob Anderson ; illustrated by Jean Anderson.**

**PUB/DATE** Bolinas, Calif. : Shelter Publications ; [New York] : distributed in the US by Random House, c1980.

**DESCRIPT** 192 p. : ill. ; 28 cm.

**SUBJECT** Exercise.

**SUBJECT** Stretch (Physiology).

**LOCAL HGS** Omaha District Book RA 781 .A59 1980

**TITLE Stretching for working America / by Bob Anderson and Sally Carlson ; illustrated by Jean Anderson.**

**PUB/DATE** Palmer Lake, CO : Stretching Inc., 1988.

**DESCRIPT** 71 p. : ill. ; 15 x 21 cm.

**SUBJECT** Stretching exercises.

**SUBJECT** Exercise.

**LOCAL HGS** Omaha District Book RA 781 .A592